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| PRAY | * EXAMPLE 1: Pray for your family. * EXAMPEL 2: Pray for your teachers. * EXAMPLE 3: Pray for our leaders. * EXAMPLE 4: Pray for those who are lonely. * EXAMPLE 5: Pray for those who are sick. * EXAMPLE 6: Pray for someone who has been unkind to you. * EXAMPLE 7: Pray for all the children in countries at war * EXAMPLE 8: Attend (or read at home) the Stations of the Cross. * EXAMPLE 9: Say your morning and night prayers. * EXAMPLE 10: Say your meal prayers. * EXAMPLE 11: Read the Bible for 15 minutes. * EXAMPLE 12: Thank God for your home. * EXAMPLE 13: Thank God for as many things as you can think of. * EXAMPLE 14: Thank God for your family. * EXAMPLE 15: Thank God for your friends. |

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| Related imageFAST | * EXAMPLE 1: Let someone borrow something special for the day. * EXAMPEL 2: Give up something in order to turn toward God. * EXAMPLE 3: Give up whining and complaining. * EXAMPLE 4: Give up electronics/TV/video games. * EXAMPLE 5: Give up a treat for one day. * EXAMPLE 6: Read a book instead of watching TV. * EXAMPLE 7: Color or paint instead of playing video games. * EXAMPLE 8: Clean up a mess that somebody else made (without complaining.) * EXAMPLE 9: Do not complain or say mean things about anyone. * EXAMPLE 10: Eat the food you are served without complaining. * EXAMPLE 11: Drink water instead of juice or soda. * EXAMPLE 12: Exercise your body instead of playing video games. * EXAMPLE 13: Give up television and Internet for one day. * EXAMPLE 14: Try very hard not to get angry or to fight. * EXAMPLE 15: Don't argue. |

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| SERVE | * EXAMPLE 1: Draw a picture/write a card to someone to show your love. * EXAMPEL 2: Help your siblings with homework or a learning activity. * EXAMPLE 3: Help set the table at dinnertime. * EXAMPLE 4: Share your toys with your brother or sister. * EXAMPLE 5: Put some of your allowance in the poor box at church. * EXAMPLE 6: Eat lunch with someone new. * EXAMPLE 7: Give someone a hug. * EXAMPLE 8: Sort and donate toys you no longer use. * EXAMPLE 9: Pick up litter. * EXAMPLE 10: Read a story to someone younger. * EXAMPLE 11: Perform a good deed for someone outside the family — teacher, friend, relative. * EXAMPLE 12: Pick out food to bring to church for those in need. * EXAMPLE 13: Do a chore without being asked. * EXAMPLE 14: Give someone a compliment. * EXAMPLE 15: Include a classmate who is usually left out. |